NEWSOM FITNESS

DR. BUTLER'S MENOPAUSE SYMPTOM CHECKLIST

EMPOWERING WOMEN THROUGH EVERY TRANSITION—MIND, BODY, AND STRENGTH.

VASOMOTOR SYMPTOMS

- ◯ Hot Flashes
- ◯ Night Sweats
- ◯ Sudden Chills or Temperature Shifts

SLEEP DISRUPTIONS

- ◯ Trouble Falling Sleep
- ◯ Frequent Waking
- ◯ Fatigue Despite Sleep

MUSCULOSKELETAL & PHYSICAL CHANGES

- ◯ Joint Pain or Stiffness
- ◯ Muscle Aches
- ◯ Decreased Strength or Endurance
- ◯ Weight Gain (especially abdominal)

SKIN, HAIR & APPEARANCE

- ◯ Thinning Hair or Hair Loss
- ◯ Dry or Itchy Skin
- ◯ Wrinkle or Loss of Elasticity

COGNITIVE & EMOTIONAL CHANGES

- ◯ Mood Swings
- ◯ Anxiety or Irritability
- ◯ Depression or Sadness
- ◯ Brain Fog or Forgetfulness
- ◯ Difficulty Concentrating

REPRODUCTIVE & SEXUAL HEALTH

- ◯ Irregular or Absent Periods
- ◯ Vaginal Dryness
- ◯ Pain During Intercourse
- ◯ Decreased Libido
- ◯ Urinary Urgency or Leakage

METABOLIC & CARDIOVASCULAR SHIFTS

- ◯ Elevated Blood Pressure
- ◯ Increased Cholesterol
- ◯ Blood Sugar Fluctuations
- ◯ Bloating or Fluid Retention

As an exercise scientist, my goal is to help by offering resistance training to preserve bone density and lean mass, help with cardiovascular conditioning to support heart health, provide mobility and balance work to reduce the risk of falling, and lastly assist with nutrition strategies tailored to hormonal shifts and metabolic changes.

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